R E P O R T R E S U M E S

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WEIGHTLIFTING PROVISIONS FOR WOMEN BY STATE.
WOMENS BUREAU, WASHINGTON, D.C. (DEPT. OF LABOR)
PUB DATE 1 JUN 66

EDRS PRICE MF-$0.25 HC-$0.20 3P.

DESCRIPTORS- *FEMALES, *LABOR LAWS, *LIFTING, STATE LAWS,

THE LEAFLET GIVES LEGISLATED WEIGHTLIFTING LIMITATIONS FOR WOMEN OF ALASKA, CALIFORNIA, GEORGIA, MARYLAND, MASSACHUSETTS, MINNESOTA, NEW YORK, OHIO, OREGON, UTAH, AND WASHINGTON. THE ACTUAL POUNDS OF WEIGHT WHICH WOMEN ARE PERMITTED TO LIFT AND THE CONDITIONS OF CARRYING ARE STATED. ALASKA'S AND GEORGIA'S STANDARDS VARY ACCORDING TO THE SIZE AND PHYSICAL CONDITION OF THE WOMEN WORKERS. WASHINGTON'S STANDARDS RECOMMEND TEACHING WOMEN CORRECT LIFTING TECHNIQUES AND THE CONSEQUENCES OF INCORRECT TECHNIQUES. (FP)

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U.S. DEPARTMENT OF LABOR
WOMEN'S BUREAU
WASHINGTON, D.C. 20210

U.S. DEPARTMENT OF HEALTH, EDUCATION & WELFARE
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June 1, 1966

Weightlifting Provisions for Women by State

Alaska--

No woman shall at any time be required to lift any weight in excess of 35 percent of her body weight. Where sustained or repetitive lifting is required the absolute maximum shall be 25 pounds. This maximum shall be applied to all jobs requiring both lifting and carrying. Alaska General Safety Code, Ch. XXVII, sec. 27-02.

California--

1. No female employee shall be requested or permitted to lift any object weighing 50 pounds or over or to carry any object weighing 10 pounds or over up or down a stairway or series of stairways that rise for more than 5 feet from the base thereof. Objects weighing 50 pounds or over which are to be moved by female employee must be equipped with pulleys, casters, or other contrivances to facilitate movement of the load. California Labor Code (1953), Part 4, Ch. 2, Acts 1 and 2, secs. 1250-1252.

2. No female employee shall be required to lift or carry any object weighing in excess of 25 pounds, except upon permit from the Division of Industrial Welfare. This is a provision in the following orders: Amusement and Recreation Industry; Broadcasting Industry; Canning, Freezing, and Preserving Industry; Industries Handling Products After Harvest; Industries Preparing Agricultural Products for Market, on the Farm; Laundry, Linen Supply, Dry Cleaning and Dyeing Industry; Manufacturing Industry; Mercantile Industry; Motion Picture Industry; Personal Service Industry; Professional, Technical, Clerical, Mechanical and Similar Occupations; Public Housekeeping Industry; and Transportation Industry. (25 pound limitation takes precedence over law imposing 50 pound limitation. Op. Atty. Gen., Aug. 21, 1940.)

3. No female employee shall be required to lift or carry any object weighing in excess of 25 pounds, except by permit from the Division of Industrial Welfare; no female employee or male minor (under 16) shall be requested or permitted to carry any object weighing 10 pounds or more up any ladder. Agricultural Occupations Order.

Georgia--

Lifting. For women and minors, not over 30 pounds. Less, depending on physical condition of women or minor. Minor as used here, means anyone under 18 years of age, male or female. Rule 59 of Commissioner of Labor, Title 54, Ch. 101, Labor Laws of Georgia, 1952.

Weightlifting Provisions by State--Continued

Maryland--

No object exceeding 25 pounds in weight may be lifted by a female employed in a foundry, unless mechanical means are used by which the physical effort is limited to 25 pounds. Safety Code for the Protection of Industrial Workers in Foundries, effective Aug. 1, 1948.

Massachusetts--

1. Boxes, baskets, and other receptacles weighing with their contents 75 pounds or over, that are to be moved by female employees in any manufacturing or mechanical establishment, must be provided with pulleys or casters connected with such boxes or receptacles, so as to be moved easily from place to place in such establishment. Massachusetts General Laws, Ch. 149, sec. 53.

2. Females employed in a foundry may not be required to lift a core or number of cores upon a plate, the total weight of which, including plate and core-box or boxes, exceeds 25 pounds, unless assisted by mechanical appliances that limit the physical effort to 25 pounds. Regulations Relating to Safety and Sanitary Working Conditions in Foundries and the Employment of Women in Core Rooms, 1940, VIII, sec. 30.

Michigan--

No woman shall be required to lift more than 35 pounds or carry more than 20 pounds when ascending stairs. Overhead lifting or stacking by women is prohibited. Department of Labor Regulations on the Employment of Women in Michigan.

Minnesota--

No female employed in a core-making room shall be permitted to make or handle cores when the combined weight of core, core-box, and plate exceeds 25 pounds. Minnesota Statutes Annotated, 1945, sec. 183-25.

New York--

No female may be employed in a foundry in connection with core-making where the combined weight of core, core-box, and plate handled exceeds 25 pounds. Department of Labor Industrial Code, Bulletin 10.

Ohio--

No female shall be employed in any occupation requiring frequest or repeated lifting of weights over 25 pounds. Ohio Revised Code, sec. 4107.43.

Oregon--

1. Employers shall not require or permit women or minor employees to lift or carry excessive weights. Sanitation and Physical Welfare Order.

Weightlifting Provisions by State--Continued

Oregon-- Continued

2. No female employee shall be required or permitted to lift or carry any object weighing in excess of 25 pounds. Laundry, Cleaning, and Dyeing Order.

3. Excessive weight means any weight in excess of 25 pounds (except under Public Housekeeping Order where Wage and Hour Commission has specifically authorized lifting a heavier weight). Mercantile and Public Housekeeping Orders.

4. No female employee shall be required to lift manually any burden in excess of 25 pounds to a height greater than 5 feet, nor shall any female be required to lift manually to any height a burden in excess of 30 pounds, except by permission from the Wage and Hour Commission. Organized Youth Camps and Preparing Poultry, etc., Orders.

5. An employer shall not consistently require a female employee to lift or carry any object weighing in excess of 30 pounds. Manufacturing Order.

6. An employer shall not require a female employee to lift manually any burden in excess of 25 pounds to a height above her shoulders, nor shall an employer require any female employee to lift manually to any height a burden in excess of 30 pounds, provided that upon application or complaint and following investigation, the Commission may grant such exceptions or require such restrictions as in the Commission's judgment are justified by the facts. Canning, Freezing, and Processing Order.

Utah--

No female shall be required or permitted to lift any burden in excess of 30 pounds or carry any burden in excess of 15 pounds. Industrial Commission Welfare Regulations for Any Occupation, Trade, or Industry, effective Sept. 14, 1937, as amended April 20, 1948.

Washington--

1. No woman or minor shall be required or permitted to lift or carry an excessive weight. Laundry, Dry Cleaning, Dye Works; Manufacturing and General Working Conditions; and Office Workers Orders.

2. Excessive demand shall not be made in respect to the amount to be lifted by any one female employee. (Orders recommend: "...women should be taught both the technique of correct lifting and the consequences of bad lifting.") Fresh Fruit and Vegetable Packing and Food Processing Orders.

3. No woman or minor as a condition of normal employment, shall be required to lift or carry more than 35 pounds. Telephone and Telegraph Industry Order.

Labor D.C. [illegible]